

LUNCHEON MEAT

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 08/25/06

Product Description

- **Canned Luncheon Meat** is a ready to eat all-pork product.

Pack/Yield

- Canned luncheon meat is packed in a 24-ounce (1 lb. 8 oz.) can. One can provides approximately 12 2-oz. servings.

Storage

- Store unopened cans of luncheon meat in a cool, dry place off the floor.
- Store leftover luncheon meat covered and labeled in a dated nonmetallic container under refrigeration and use within 4 days.

Uses and Tips

- For easy removal of meat from the can in one piece, cut out completely both the top and bottom lids of the can and push meat out of can with thumbs against one lid.
- Canned luncheon meat can be sliced for sandwiches or shaved for use in barbecue sandwiches.
- Dice and cook in scrambled eggs.

(See recipes on reverse side)



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- Cut in chunks to top a chef salad.
- Make a sandwich spread by grinding luncheon meat with relish and mayonnaise.
- It is also delicious baked whole with a mustard/brown sugar glaze.

Nutrition Information

- **Pork Luncheon Meat** is a source of water-soluble vitamins: thiamin, niacin, riboflavin, Vitamin B-6, and Vitamin B-12. It also supplies minerals: potassium, phosphorus, and zinc.
- 1 ounce of cooked lean pork counts as 1 ounce-equivalent from the **Meat and Beans group of MyPyramid**.

Nutrition Facts

Serving size 2 ounces (57g)
canned luncheon meat

Amount Per Serving

Calories	138	Fat Cal	99
% Daily Value*			
Total Fat	11.0 g		17%
Saturated Fat	4.0 g		20%
Cholesterol	40 mg		13%
Sodium	490 mg		21%
Total Carbohydrate	1 g		0%
Dietary Fiber	0g		0%
Sugar	1 g		
Protein	8 g		
Vitamin A	<2%	Vitamin C	<2%
Calcium	<2%	Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet.

Glazed Baked Dinner Loaf

½ can (12 ounces) luncheon meat
whole cloves (optional)
⅓ cup firmly packed brown sugar
1 teaspoon water
1 teaspoon prepared mustard
½ teaspoon vinegar

Recipe provided by Hormel Foods

1. Heat oven to 375°F.
2. Place luncheon meat in shallow baking pan.
3. Score surface and stud with cloves.
4. Combine brown sugar, water, mustard, and vinegar, stirring until smooth.
5. Brush glaze over the cloves and bake for 20 minutes, basting often.
6. Slice into 6 slices to serve.

Serves 6

Nutrition Information for each serving of Glazed Baked Dinner Loaf:

Calories	185	Cholesterol	36 mg	Sugar	11 g	Calcium	20 mg
Calories from Fat	97	Sodium	502 mg	Protein	8.6 g	Iron	0.8 mg
Total Fat	10.8 g	Total Carbohydrate	13 g	Vitamin A	0 RAE		
Saturated Fat	4.0 g	Dietary Fiber	0 g	Vitamin C	0.5 mg		

Corn Chowder

1 cup chopped onion
1 tablespoon margarine
2 cups peeled, diced potatoes
1 green pepper, chopped
2 cans cream-style corn
3 cups milk
½ can (12 ounces) luncheon meat, cubed

Recipe provide by Hormel Foods

1. In a 3-quart saucepan, sauté onion in margarine over medium heat 5 minutes until golden brown.
2. Add potatoes and green pepper. Cook and stir 2 minutes.
3. Add corn and milk. Bring to a boil. Reduce heat and simmer 15 minutes until potatoes are tender, stirring occasionally.
4. Add luncheon meat. Simmer 2 minutes.

Makes 8 servings

Nutrition Information for each serving of Corn Chowder:

Calories	282	Cholesterol	40 mg	Sugar	10 g	Calcium	120 mg
Calories from Fat	122	Sodium	759 mg	Protein	12 g	Iron	.9 mg
Total Fat	13.5 g	Total Carbohydrate	30 g	Vitamin A	45 RAE		
Saturated Fat	5.2 g	Dietary Fiber	2.7 g	Vitamin C	18 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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